

**ABSTRACT**

5 The present invention relates to a process of decreasing the expression of one or more of the inflammatory cytokines IFN- $\gamma$  and IL-6 by cells in a mammalian patient, which comprises administering to the patient an effective amount of stressed mammalian blood cells, said stressed cells having been extracorporeally subjected to at least one stressor selected from oxidative stress and ultraviolet radiation. The process of the present invention can be used for alleviating chronic fatigue syndrome in a mammalian patient.